

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka (Human Papillomavirus) HPV

Gardasil®

Waxaad u Baahan Tahay Inaad Ogaato

Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa luqadaha Isbaanishka
iyo lugado kaleba. Waxaad eegtaa www.immunize.org/vis
Hojas de Informacin Sobre Vacunas estn disponibles en Espaol y en
muchos otros idiomas. Visite <http://www.immunize.org/vis>

1 Waa maxay HPV?

Genital **human papillomavirus (HPV)** waa fayraska ugu badan ee isku-tagga (galmada) la iskugu gudbiyo Maraykanka. In ka badan kala bar ragga iyo dumarka galmo ahaan firfircoo waxa ku dhaca HPV mar holoshooda ka mida.

Illaa 20 milyan oo Maryankan ah ayuu hadda hayaa, illaa 6 milyan in ka badana sannadkii ayuu ku dhacaa. HPV wuxuu badanaa ku faafaa isku-tagga (galmada).

Badanka infakshannada HPV ma keenaan wax astaamo ah, iyagaana iska baaba'a. Laakiin HPV wuxuu u keeni karaa **kansarka afka ilma-galeenka** haweenka . Kansarka ilma-galeenku waa sababta ugu sidata ee 2aad u dhimashada kansarka ee dumarka adduunka oo idil. Maraykanka, qiyastii 12,000 oo haween ah ayaa qaada kansarka ilma-galeenka sannadkii oo waxa la filayaa inay u dhintaan 4,000.

HPV wuxuu sidoo kale la socda kansarro dhawr ah oon aad loo aqoon, sida kansarka siilka iyo agagaarkiisa ee haweenka ku dhaca, iyo kaansarka futada iyo cunaha (xagga dambe ee cunaha, oo uu ku jiro salka carabka iyo hilib-dalqaha) ku dhaca ragga iyo dumarkaba. Wuxuu sidoo kale keenaa finanka xubinta taranka iyo finan cunaha ah.

Ma laha daawo infakshanka HPV, laakiin qaar ka mida dhibaatooyinka uu keeno waa la daawayn karaa.

2 Tallaalka HPV: Waa maxay sababta la isu tallaalayo?

Tallaalka HPV ee aad helaysaa waa mid ka mid ah labo tallaal oo la bixin karo si looga hortago HPV. Wuxuu siin karaa labka iyo dheddigga.

Tallaalkan ayaa ka hortagi kara badanka xaaladaha kansarka haweenka ee afka makaanka, haddii la siyu inta qofku aanu la kulmin fayraska. Wuxuu sidoo kale ka hortagi karaa kansarka siilka iyo agagaarkiisa dheddigga kaga dhaca, iyo finanka xubinta taranka iyo kansarka dabada kaga dhaca labadoodaba labka iyo dheddiggaba.

Badbaadinta laga helo tallaalka HPV wuxa la rajaynayaa inay muddo dheer jirto. Laakiin tallaalku beddel uma aha baadhista kansarka afka ilma-galeenka. Haweenku waa inay wali helaan baadhista Pap ee joogtada ah.

3 Ayaa ay tahay inuu helo tallaalkan HPV iyo goorma?

Tallaalka HPV waxa loo bixiyaa 3 xidhmo qiyas ama taxane

Xidhmada 1-aad	Hadda
Xidhmada 2-aad	1 ilaa 2 bilood kadib Xidhmada 1
Xidhmada 3-aad	6 bilood kadib Xidhmada 1

Qiyas dheeraad ah (oo xoojin ah) laguma talinayo.

Tallaalka Caadiga ah

- Tallaalka HPV wuxa lagula talinayaah hablaha da'doodu tahay **11 ama 12 sano jirka**. Waa *laga yaabaa* in la siyo marka laga bilaabo da'da 9.

Maxaa tallaalka HPV lagula taliyaa da'aha 11 ama 12 sanno?

Infekshinka HPV si fudud ayaa loo qadi karaa, xitaa marka la leeyahay kaliya shuraako galmo. Taasi waa sababta ay muhiimka u tahay in la qaato tallaalka HPV kahor inteyna isku tag galmo dhicin. Waliba, dareen-celinta tallaalka ayaa kaga wanaagsan da'dan da'aha ka weyn.

Tallaalka Dabaqabataynta

Tallaalkan wuxa lagula talinayaah dadka soo socda ee aan dhammaystiran taxanaha 3-qiyas daawo tallaal:

- Dheddigaa ah 13 illaa 26 sano da'doodu tahay.
- Labka 13 illaa 21 sano da'doodu tahay.

Tallaalkan ayaa la siin *karaa* ragga 22 illaa 26 sano da'doodu tahay ee aan dhammaystiran taxanaha 3-qiyasood ee tallaal.

Waxa *lagula talinayaah* ragga illaa 26 ee ragga ay isku-tagaan ama difaaca jirkoodu diciif ku noqday sabab ahaan infekshinka HIV, jirrooyin kale, ama dawooyinba.

Tallaalka HPV wuxa la siin karaa xilli la mid ah sida tallaallada kale.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

4

Dadka qaar waa inayna helin tallaalka HPV ama waa inay sugaan.

- Qofkii mar uun ku yeeshay falgal xasaasiyad nafta halis galinaya wax kasta oo uu ka kooban yahay tallaalka HPV, ama qiyas hore oo tallaalka HPV ah, waa inayna qaadan tallaalka. U sheeg dhakhtarka haddii qofka la tallaalayo uu leeyahay wax xasaasiyad daran ah, oo ay ku jirto xasaasiyadda yiista.
- Tallaalka HPV lagulama talinayo haweenka uurka leh. Hase yeeshi, helista tallaalka HPV marka uurka la leeyahay sabab uma noqonayso in laga fakaro joojinta uurka. Haweenka naaska nuujinayaa waxay heli karaan tallaalka.
- Dadka si meel dhexxaad ah u xanuusada marka qiyasta tallaalka HPV loo qorsheeyey wali waa la tallaali karaa. Dadka leh xanuun dhexe ama daran waa inay sugaan illaa ay soo roonaanayaan.

5

Waa maxay khataraha ka iman karaa tallaalka?

Tallaalkan HPV waxa laga isticmaalayey Maraykanka iyo adduunka oo dhan lix sano waxayna ahaayeen kuwo si aad ah badbaado u leh.

Si kastaba ha ahaato ee, daawo kastaa waxay sababi kartaa dhib halis ah, sida dareen-celin ama xasaasiyad daran. Halista tallaal keenaya dhaawac halis ah, ama geeri, aad ayuu u yar yahay.

Diidmooyin ama ama xasaasiyado halis nolosha galiya oo ka imanaya tallaalka aad ayey naadir u yihiin. Hadday dhacaan, waxay socdaan daqiqiyo yar illaa sacaado yar kadib tallaalka.

Dhibaatooyin dhawr ah oo mid **khafiif ah illaa dhexdhedaad** ah waxa lagu yaqaan inay ka yimaadaan tallaalkan HPV. Kuwani in badan ma socdaan iyagaana iska taga.

- Fici-celinta ah gacanta meesha tallaalka laga qaatay:
 - Xanuun (qiyaastii 8 qof 10-kii qofba)
 - Casaan ama barar (qiyaastii 1 qof 4-tii qofba)
- Qandho:
 - Khafiif (100° F) (qiyaastii 1 qof 10-kii qofba)
 - Dhexdhedaad (102° F) (qiyaastii 1 qof 65-kii qofba)
- Dhibaatooyinka kale:
 - Madax-xanuun (qiyaastii 1 qof 3-diiba)
- Miyirbeeliid: Suuxdin kooban iyo astaamo la xidhiidha (sida dhaqdhaqaqyo gundhin leh gariir) ayaa dhici karaa ka dib hawl caafimaad oo kasta, oo uu ku jiro tallaalku. Fadhiga ama jiifsadka illaa 15 daqiqiyo kadib tallaalka wuxuu caawin karaa kahortagga suuxdinta iyo dhaawacyada ay keento dhicistu. U sheeg dhakhtarkaaga haddii bukaanku uu dawakhsan yahay ama wareersan yahay, ama aragiisu isbeddelayo ama dhagahiisa wax u shanqadhabayaan. Sida tallaalada kale oo dhan, waxa lala DCH - 1339SO

AUTH: P.H.S., Act 42, Sect. 2126.

Si ay bixiyeyasha daryeel caafimaad u helaan xaaladda saxda ah ee warka tallaalka, qiimeynta warka, iyo jadwalka/kaltanka loogu taliyay tallaalaada mustaqbalka, waxa warka loo diri doonaa Michigan Care Improvement Registry (Diiwaanka Hagaajinta Daryeelka Michigan). Shakhsiyadku ama dadku waxa ay xaq u leeyihiin in ay bixiyehooda daryeelka caafimaad ka codsadaan in aanuu Diiwanku u gudbin warka.

socon doona tallaalka HPV iyada oo loo fiirsanayo wixii ah dhibaatooyin aan caadiga ahayn ama daran.

6

Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?

Maxaa ila habboon inaan u fiirsado?

- Xaalad kasta oo aan caadi ahayn, sida xummad badan ama dhaqanka qofka oo isbeddelaa. Calaamadaha dareen-celin xasaasiyad oo culus waxa ka mid noqon kara neefsiga oo adkaada, xabeeb, hiinraag, cuncun, cawlaan, ducfi, garaaca wadnaha oo degdegga ama dawakhaad.

Maxaan sameeyaa?

- Wac dhakhtar, ama qofka u gee dhakhtar isla-markiiba.
- U sheeg dhakhtarkaaga wixii dhacay, taariikhda iyo wakhtiga ay dhacday, iyo xilliga tallaalka la siiyey.
- Weydiiso** dhakhtarkaaga, kalkaaliyaha, ama waax caafimaad inay ka warbixin ka gudbiyaan fici-celinta iyaga oo buuxiya foomka Nidaamka Warbixinta Dhacdada Waxyeellada Tallaalka (Vaccine Adverse Event Reporting System - VAERS). Ama waxaad warbixintu ku xereyn kartaa degelka shabakadda VAERS ee ku yaal www.vaers.hhs.gov, ama adiga oo waca **1-800-822-7967**.

VAERS ma bixiso talo caafimaad.

7

Barnaamija Magdhawga Dhaawaca Tallaalka Qaranka (National Vaccine Injury Compensation Program)

Barnaamija Magdhawga Dhaawaca Tallaalka Qaranka (Vaccine Injury Compensation Program, VICP) waa barnaamij federaal loo aburay magdhowga dadka laga yaabo inay wax yeelleeyeen tallaallada qaarkood.

Dadka rumaysan inuu tallaal dhaawacay waxay wax ka ogaan karaan barnaamija iyo sida loo xereysanayo cabasho iyaga oo waca **1-800-338-2382** ama boqda websaaydka VICP ee www.hrsa.gov/vaccinecompensation.

8

Sidee baan macluumaa intaas dhaafsiisan u ogaan karaa?

- Weydi dhakhtarkaaga.
- Wac waaxda caafimadka deegaankaaga ama gobolkaaga. 1 - 8 8 8 - 7 6 7 - 4 6 8 7
- La xiriir Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC):
 - U wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo degelka CDC ee ku taal www.cdc.gov/vaccines

Vaccine Information Statement (Interim)
HPV Vaccine (Gardasil)

5/17/2013 Somali

42 U.S.C. § 300aa-26

Translation provided by the Immunization Action Coalition



Office Use Only